



## Celebrity Operation Transformation

### Week 5 - Main Meals Shopping List

**\*Please note this list does not include Breakfast, Lunch or Snack options.**

Day	Date	Recipe
29	Mon 25 Sept	Beef Satay
30	Tue 26 Sept	Sweet 'n' Sour Cashew Nut Stir Fry
31	Wed 27 Sept	Singapore Noodles

Note: Herbs can be used dried or fresh. Vegetables can be fresh or frozen.

Many of these ingredients will become cupboard staples and used in future recipes

Meat / Fish	QTY.
• Chicken breast	2

  

Vegetables / Fruits / Herbs	QTY.
• Broccoli	100g
• Onions	2
• Carrots	2
• Red pepper	2
• Mushrooms	350g
• Beansprouts	375g
• Pineapple	1
• Courgette	1
• Lime	1
• Garlic	1 bulb

**Canned Goods and Sundries****QTY.**

- Olive Oil 1 bottle
- Rape seed oil 1 bottle
- Whole grain rice 100g
- Wholewheat noodles 200g
- Crunchy peanut butter 1 jar
- Cashew nuts 55g
- Honey 1 jar
- Beef stock cubes 1 pack
- Reduced sodium soy sauce 1 bottle
- Fish sauce 1 bottle
- Light soy sauce 1 bottle
- Hot sauce 1 bottle
- Rice vinegar 1 bottle